

**It feels good to know how
to control my diabetes!**

You can do it too!

**Let Us Help
Make It Easier!**



The African American Health Program presents

Free Diabetes Classes

The classes are taught by registered nurses and dietitians.

4 CLASS SERIES

6:00 pm to 9:00 pm

Dinner Served. \$5 per meal for Montgomery County residents.

Additional fees for those not residing in Montgomery County.

Registration Required - Call Diane at 301.421.5767

2011 SCHEDULE

MARCH

Thursdays

10 | 17 | 24 | 31

6:00 - 9:00pm

**Wheaton Woods
Baptist Church**
13200 Arctic Ave
Rockville, 20853

APRIL

Tuesdays

5 | 12 | 19 | 26

12:30 - 3:30pm

Please note new time!

**Up County
Regional Center**
12900 Middlebrook Rd
Germantown, 20874

MAY

Thursdays

5 | 12 | 19 | 26

6:00 - 9:00pm

Wheaton Library
11701 Georgia Ave
Wheaton, 20902

JUNE

Wednesdays

1 | 8 | 15 | 22

6:00 - 9:00pm

Stewartown Homes
9310 Merust Lane
Gaithersburg, 20876

**These 4 free classes are designed to help African Americans
learn how to manage diabetes and eliminate their higher
rates of diabetes complications.**

The African American Health Program
is funded by the Montgomery County
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DEAP
DIABETES EDUCATION
ACCREDITATION PROGRAM
AADE American Association
of Diabetes Educators



AFRICAN AMERICAN HEALTH PROGRAM
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